

Get Healthy Washoe.Com



Washoe County Health District Chronic Disease Prevention Program

Update to the Advisory Council on the State Program
for Wellness and the Prevention of Chronic Disease

October 22, 2015

Program Mission

Washoe County Health District's Chronic Disease Prevention Program (CDPP) seeks to empower our community to be tobacco free, live active lifestyles, and eat nutritiously through education, collaboration, policy and evaluation.

**Tobacco use and exposure, poor diet and physical inactivity are the three primary risk factors for Chronic Disease*

Program Funding

- Tobacco control funding from the Nevada Division of Public and Behavioral Health
 - CDC Grant
 - Funds for a Healthy Nevada Grant
- Physical activity and nutrition funding from local monies



Current Tobacco Control Goals and Activities



- Eliminate exposure to secondhand smoke
- Prevent initiation of tobacco use among youth and young adults
- Identify and eliminate tobacco related disparities
- **Evaluate program activities to demonstrate the impact of program efforts**

Eliminate Exposure to Secondhand Smoke

- Smoke free meeting efforts
- Smoke free outdoor events
- Smoke free multi-unit housing efforts
- Smoke free/tobacco free higher education campus efforts



Prevent Initiation of Tobacco Use Among Youth and Young Adults

- Mass media campaign on policy activity
- Youth advocacy
- Maintain GetHealthyWashoe.com website and promote Nevada Tobacco User's Quitline



Identify & Eliminate Tobacco-Related Disparities

- Implement an intervention with the Lesbian, Gay, Bisexual, Transgender, Questioning population
- Provide cessation information to health care providers who serve:
 - Pregnant and post-partum women
 - Native American populations
 - Low-income population
- Future community-clinical linkages

Nutrition



- Portion sizes
- Rethink your drink
- Beverage and nutrition standards

Physical Activity



- UNR Coaches Challenge
- RenOpen Streets & Bike Week
- Out-of-School Time & Childcare Providers

Other Education Activities

- Washoe County Chronic Disease Coalition
- GetHealthyWashoe.com website
- Youth BMI data
- EpiNews



Truckee Meadows Healthy Communities Initiatives

- Community Health Needs Assessment
 - WCHD in collaboration with Renown
 - Three primary risk factors for Chronic Disease, along with other health-related issues



Washoe County's

TOP 10 CAUSES OF DEATH

Age-Adjusted Death Rates per 100,000 Population



#1 HEART DISEASE

262.9/100,000



#2 CANCER

177.3/100,000



#3 CHRONIC RESPIRATORY DISEASE

61.3/100,000



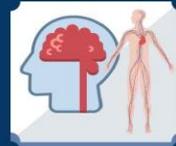
#4 ACCIDENTS

43.6/100,000



#5 ALZHEIMER'S DISEASE

34.9/100,000



#6 CEREBROVASCULAR DISEASES

34.1/100,000



#7 INFLUENZA & PNEUMONIA

22.9/100,000



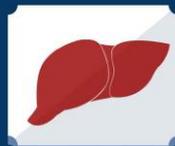
#8 DIABETES MELLITUS

19.4/100,000



#9 SUICIDE

18.5/100,000



#10 CHRONIC LIVER DISEASE / CIRRHOSIS

12.3/100,000

SMOKING

TOBACCO IN WASHOE COUNTY

4 health behaviors are responsible for nearly 70% of deaths in the US: lack of physical activity, unhealthy diet, **SMOKING TOBACCO**, and excessive alcohol consumption



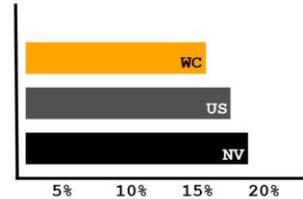
Research shows by reducing or eliminating these four risk factors, anywhere from 40-80% of premature deaths related to heart disease, cancer, and cardiovascular deaths can be **PREVENTED**

WASHOE COUNTY

Smoking On Decline

Smoking rates among adults in Washoe County have decreased since 2011.

In 2013 only **15.4%** of adults indicated they were current smokers, which was lower than rates for both Nevada and the U.S.



Although fewer teens report having ever tried cigarettes, the rates of current teen smokers have remained stable in Washoe County since 2001



Nevada has been long known for its gaming and casino industry, which allows indoor smoking

Tobacco products account for one of every five deaths each year in the US



Hospitalizations for tobacco-related illnesses in WC alone cost an estimated **\$266,000,000** in 2012



43% of Cancers & **21.7%** of Deaths were due to tobacco-related illnesses in WC from 2006 to 2010



Source: WASHOE COUNTY Community Health Needs Assessment

Created by: **WASHOE COUNTY HEALTH DISTRICT**
ENHANCING QUALITY OF LIFE

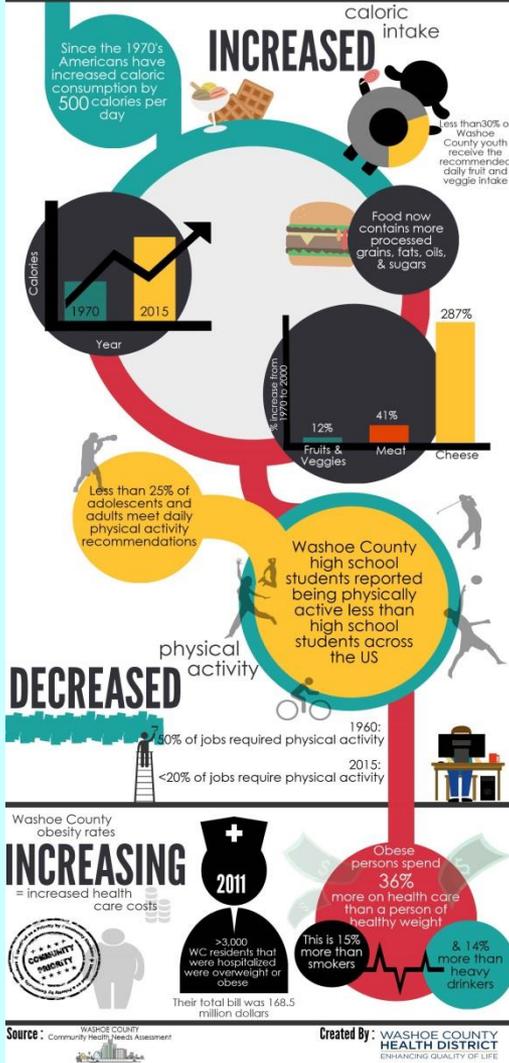
OBESITY In Washoe County



Unhealthy Diet • Physical Activity • Obesity • Health

There are 4 health-related behaviors responsible for nearly 70% of deaths in the US: LACK OF PHYSICAL ACTIVITY, UNHEALTHY DIET, smoking tobacco, and excessive alcohol consumption

Research shows by reducing or eliminating these four risk factors, anywhere from 40-80% of premature deaths related to heart disease, cancer and cardiovascular deaths can be PREVENTED



Washoe County's Built Environment

What is Built Environment?

Places and spaces created or modified by people including buildings, parks, and transportation systems. Public health research has expanded this definition to include healthy food access, community gardens, "walkability" and "bikability" as well.

Streets

Motor vehicle death rates have not changed much since 2008 and remain lower than rates for Nevada and the United States



Complete streets in WC, which widen sidewalks and provide bike lanes, have reduced crashes up to **46%** and reduced traffic volume and vehicle speeds.



Pedestrian fatalities have **INCREASED** in WC

HOWEVER,

Sidewalks

Seniors, a growing population in WC, are greatly impacted by limited access to safe sidewalks and public transportation



Sidewalks and pathways should be in good condition, free from obstacles and debris. One of the leading causes of death and disability among the elderly is falls. Nationwide studies have found that a walkable community is significant for elderly populations

Transportation

Creating safe alternatives to motor vehicles as a primary source of transportation carries health benefits. Driving less and walking or biking more increases a population's physical activity and fitness, and improves mental health by reducing the stress and anxiety associated with driving and vehicle maintenance. It also reduces traffic fatalities and vehicle emissions

In 2013, RTC served **8,000,000** passengers with an average of **22,182** rides each day, with **46%** of passengers using RTC to commute

Our community expressed a need for a built environment that encourages healthy, active lifestyles: bike paths, running trails, better parks, & more recreational opportunities for all ages and seasons

Community expressed wants and needs...

Safer neighborhoods, including reducing crime and increasing traffic safety for pedestrians

Safe places for teens to gather and engage in healthy activities

All-age events and activities. More community cohesiveness, getting to know your neighbors, and better quality human interaction

Washoe County

CHILDREN

1/3 of the children in our community are growing up in the four highest-need zip codes.

These areas have increased poverty rates, lack of affordable housing, educational barriers, and little access to affordable healthcare.

2,600 WASHOE COUNTY YOUTH EXPERIENCED HOMELESSNESS LAST YEAR

300 LIVED ON THE STREETS

MORE THAN 26,000 CHILDREN IN WC ARE FOOD INSECURE.

1 WC CHILDREN REGULARLY DEAL WITH HUNGER AND OFTEN RELY ON CHEAP AND UNHEALTHY FOOD

4

EDUCATION

Education levels tie to income levels and our K-12 education system is chronically under-resourced. Children who are English Language Learners (ELL) have particular difficulty succeeding in our schools.

TEENS

WASHOE COUNTY'S TEEN ATTEMPTED SUICIDE RATE IS WELL ABOVE THE NATIONAL AVERAGE

IN 2013 21% OF HIGH SCHOOLERS CONSIDERED SUICIDE, AND 14% ATTEMPTED SUICIDE

WC's critical shortage of mental health professionals means these young people don't have access to the care they need

COMMUNITY CONCERNS FOR CHILDREN

There is a significant issue with dental services for children.

Many of the needs of children in our community tie directly to their social circumstances. Both health and social issues can and often do carry over into adulthood. If we want to impact our future as a community, we need to pay special attention to the needs of our children.

Source: WASHOE COUNTY Community Health Needs Assessment

Created by: WASHOE COUNTY HEALTH DISTRICT ENHANCING QUALITY OF LIFE

Truckee Meadows Healthy Communities Initiatives

- Truckee Meadows Healthy Communities Conference
- 89502 Pilot Project
- Community Health Improvement Plan (CHIP)
 - Education
 - Food Security
 - Access to Healthcare and Social Services
 - Behavioral Health



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